

Appl. No. 09/695,272  
Amdt. dated December 2, 2004  
Reply to Office action of September 2, 2004

**Amendments to the Specification:**

Please change the word "make" at page 1, line 10, add the new word making;

Please delete the words "made up of" at page 1, line 16, and add the new word comprising; delete the words "rigid frame", and add the new words base structure;

Please delete the words "on which" at page 1, line 19, and add the new words for supporting; delete the word "user", add the new words user's body;

Please delete the words "can be installed comfortably when he makes different exercises on the ground, a vertical bar curved at its superior end provided with an adjustable rotary part at different positions, and a belt allowing to join the wrist or the ankle from the user to a steel wire" at page 1, lines 19-31;

Please add the new words while its wrist or ankle is engaged to a belt attached to a steel cable which is arranged so as to be pulled in the desired direction. at page 1, lines 31-37;

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Please delete the word "No" at page 1, line 52, and add the new word US;  
Please delete the word "No" at page 2, line 1, and add the new word US;  
Please delete the words "is made up of" at page 2, lines 31-37, and add the new word comprises, delete the words "rigid frame", add the new words base structure, delete the words "on which", add the new words for supporting, delete the word "user", and add the new words user's body;  
Please delete the words "can be installed comfortably when he makes different exercises on the ground, a vertical bar curved at its superior end provided with an adjustable rotary part at different positions, and a belt allowing to join the wrist or the ankle from the user to a steel wire" at page 2, lines 37-49;

Please add the new words while its wrist or ankle is engaged to a belt attached to a steel cable passing around a small pulley being engaged into an adjustable rotary part turning freely in all directions and being connected at a curved end of a at page 2, lines 49-55;

Please add the new words vertical bar mounted of each side of one small pulley and blocked thereby a metal pin through a hole formed thereon a part member fixed to the base structure of the apparatus for adjusting the vertical bar according to the desired position. at page 3, lines 1-10;

Please add the new paragraph beginning by Further, the steel cable extends inside the vertical bar so as to be able to turn around two small pulleys being mounted at the base structure of the apparatus and of a main large pulley fixed at a diagonal bar, and to be finally attached to a first end of an arm member and which the second end is fixed at the base structure of the apparatus. at page 3, lines 13-25;

Please add the new paragraph beginning by A spiral spring is connected approximately in middle of the arm member and welded to a rod connected to part member which may be moved along the perforated body member welded to the base structure and to be blocked through a hole thereby a metal pin for adjusting the tension of the spring. at page 3, lines 28-37;

Please delete the words "allowing to" at page 4, line 1, and add the new word for;

Please delete the word "make" at page 4, line 4, and add the new word making;

Please delete the words "top plan" at page 4, lines 7-10, add the new word profile, and delete the words "curved at its superior end made up of";

Please delete the word "the" at page 4, lines 13-16, add the new word a, delete the words "down without friction, all", add the new words the

desired, delete the word "directions", and add the new word direction;  
Please delete the word "plan" at page 4, lines 19, add the new word  
profile, delete the words "of the adjustment of", add the new word showing;  
Please add the new word fixed, delete the word "the", and add the new word  
a at page 4, line 22,

Please delete the words "mechanical system" at page 4, lines 25-28, add the  
new words base structure and the assembly of the components, and add the  
new words mechanical apparatus;

Please delete the words "mechanical system" at page 4, lines 31-37, add the  
new words base structure, add the new words the adjustment of the, and  
after spring add the new words connected to an arm member, delete the  
words "of the figure 4", and after position delete the words "such that shown  
in figure 4";

Please delete the word "plan" at page 4, lines 40-46, add the new word  
profile, delete the words "mechanical system allowing the adjustment of the  
perforated frame in semi-circle to the", and add the new words the  
mechanism allowing to adjust the tension of the spring at a;

Please delete the word "perspective" at page 4, lines 49-55, add the  
new word profile, after at delete the word "the", add the new word a, delete

the word "transversal", add the new word diagonal, after bar add the new word connected, delete the word "frame", add the new words base structure; Please delete the word "perspective" at page 5, lines 1-7, add the new word profile, after to add the new word the, after pulley delete the word "in", and add the new words by giving an effect of pulley's arc;

Please delete the words "of the mechanical apparatus showing the user and the vertical bar making different exercises on the ground in different positions" at page 5, lines 10-19, and add the new words illustrating the operation of the present invention by a user.;

Please delete the paragraph beginning by Referring more specifically to figs. 1 through 3, the present invention is a mechanical apparatus made up of a rigid frame (10) covered with a motionless cushion (16) on which the user can be installed comfortably when he makes different exercises on the ground ; a vertical bar (11) curved at its superior end made up of an adjustable rotary part (12) at different positions is provided with a small pulley (13) allowing to a steel wire (5) to pass without friction inside of the pulley (13) anchored into the rotary part (12) turning freely in all directions, which allows to a steel wire (5) to be pulled down in several directions; and a belt (17) allowing to join the wrist or the ankle from the user to a steel

wire (5). The bottom end of the vertical bar (11) comprises a part provided with small holes (19) fixed at the at page 5, lines 25-55;

Please delete the paragraph beginning by frame (10) from the mechanical apparatus, allow to change the adjustment of the vertical bar (11) at the desired position in blocking the vertical bar (11) with a metal pin (14), which the metal pin (14) is inserted into a small hole of the part provided with small holes (19). at page 6, lines 1-10;

Please delete the paragraph beginning by Referring to figs. 4 through 6, a movable part (8) is fixed at the perforated frame (3) in semi-circle from the mechanical apparatus by a metal pin (9) allowing the adjustment of the spring (6) so as to make a rotation parallel to the floor, and joined to the stem (7) provided with legs welded at the spring (6) fixed at the bar (1) anchored to the frame (10) from the mechanical apparatus joining the steel wire (5) passing inside of the main large pulley (4) fixed at the transversal bar (18) joined to the frame (10) from the mechanical apparatus. Referring to figs. 4, 5, 7 and 8, the steel wire (5) fixed at the bar (1) anchored to the frame (10) from the mechanical apparatus makes two turns around of the main large pulley (4) fixed at the transversal bar (18) joined to the frame (10) from the mechanical apparatus in giving an effect of pulley's arc, which

the steel wire (5) passes inside of two small pulleys (2) and of the vertical bar (11). Referring to figs. 9a, b, c and d, the belt (17) allows to join the ankle from the user to steel wire (5) fixed at the vertical bar (11) shown in different positions. at page 6, lines 13-55;

Please add the new paragraph beginning by Referring more specifically to figs. 1 to 3, the present invention is a mechanical apparatus having a base structure (10) covered with a motionless cushion (16) for supporting the user's body while its wrist or ankle is engaged to a belt (17) attached to a steel cable (5) passing around a small pulley (13) being engaged into an adjustable rotary part (12) turning freely in all directions and being connected at a curved end of a vertical bar (11) mounted of each side of one small pulley (2) and blocked thereby a metal pin (14) through a hole formed thereon a part member (19) fixed to the base structure (10) of the apparatus for adjusting the vertical bar (11) according to the desired position. at page 7, lines 1-28;

Please add the new paragraph beginning by As illustrated to figs. 4 to 8, the steel cable (5) extends inside the vertical bar (11) so as to be able to turn around two small pulleys (2) being mounted at the base structure (10) of the apparatus and of a main large pulley (4) fixed at a diagonal bar (18), and to

be finally attached to a first end of an arm member (1) and which the second end is fixed at the base structure (10) of the apparatus. at page 7, lines 31-46;

Please add the new paragraph beginning by A spiral spring (6) is connected approximately in middle of the arm member (1) and welded to a rod (7) connected to a part member (8) which may be moved along the perforated body member (3) welded to the base structure at page 7, lines 49-55;

Please add the new paragraph beginning by (10) and to be blocked through a hole thereby a metal pin (9) for adjusting the tension of the spring (6). at page 8, lines 1-4;

Please add the new paragraph beginning by As illustrated to figs. 9a, 9b, 9c and 9d, there is shown the operation of the mechanical apparatus by a user. at page 8, lines 7-10;

Please add the new paragraph beginning by Accordingly, while the preferred embodiments of the invention have been described above, it will be recognized and understood that various modifications may be made in the invention and the appended claims are intended to cover all such modifications which may fall within the spirit and scope of the invention. at page 8, lines 13-25.



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